



1/6 HARD COPY

AUGUST/SEPTEMBER 2005

LETTER FROM THE COMMANDING OFFICER – LT. COL. JURNEY

Family and Friends of 1/6 'HARD'

I want to wish you all the very best and provide you an update on what your Marines and Sailors have been accomplishing since my last letter. We continue to work side by side with the Iraqi Security Forces as our Marines and Sailors are fully engaged in conducting combined operations and training with both traditional Iraqi Army forces and the new Iraqi Police force. All of our 1/6 units are fully integrated with the Iraqi Security Forces as we continue to hunt down those criminals and terrorists who would do us harm.

The efforts of this coalition force have resulted in the local Iraqi Governance stepping up with the recent election of a new Mayor. This election was a huge stride towards democracy and a free Iraq. In addition, their official city council is at work now with a number of area professionals and all are back in an active leadership role to guide their own future.

As we continue to support the efforts of the Iraqi Government and the Iraqi Security Forces, we have also continued to assist with a number of rebuilding efforts throughout the city and the surrounding areas within our area of operations. These projects included the opening of several new schools, improving basic water and power needs within both the city and outlying areas and even getting a couple of new soccer fields built for the kids as they will soon be getting out of school for their summer break much like we do at home. Be proud of your Marine/Sailor. They are making a difference in a very difficult situation.

We look forward to hearing from you whether it is a letter, moto mail, or an email. Knowing that you are thinking of us serves a great deal in boosting our morale. Please understand that our days are long and getting hotter and hotter, so when we can get a break or a chance to rest, we have to get some sleep and that has to be the priority in order for us to stay strong and alert. Nothing can be more important in this very complex and dangerous environment and I ask for your understanding if you are not receiving the same frequency of responses as you are sending.

For all the families, if you have questions or concerns that we can help you with please contact our Family Readiness SNCO, SSgt Vanegas. He is located at our 1/6 headquarters in Camp Lejeune and can be reached at 910 451-2407.

As always, to the loved ones at home who await our return...GOD bless you all for the strength and sacrifice you have shown in supporting these brave young men so that they can stay focused on the mission at hand.

We know how lucky we are to have loved ones such as you standing with us during these most important and challenging times in all our lives. I extend my personal thanks to each of you for your support and your commitment. You have my sincerest appreciation.

W.M. JURNEY
COMMANDING OFFICER

October Time Table & Schedule

TBD: **Advance Party** to Camp Lejeune - very small group
(anticipate this to be about 22 - 25 Sept)

TBD: **Main Body** returns to Camp Lejeune over several days on different flights/planes
(anticipate this to be sometime around 12 - 15 Oct)

There will be a small reception at the Battalion as Marines/Sailors arrive by bus. Once at the battalion, they will be turning in weapons, getting assigned to their barracks room, and awaiting the arrival of seabags/packs etc... **family & friends are welcome**. Flights will arrive at varying times to include after midnight... don't think that it is going to matter because all will be home!

★ After our return, we plan to have each Marine/Sailor working a normal work day for approximately 2 days from about (8 am to 4 pm) in order to complete the necessary "moving back in" requirements... we will work *hard* and *fast* because I know all can not wait to be with family/friends as soon as possible.

★ We then plan to take a special liberty break for 3-4 days after completing those initial two work days of moving back in. We can not start any post deployment leave *just yet*. We still have some remaining transition work to do but we know that all want some **immediate R&R time off**. This is why we have tried to include at least a short 3-4 day special liberty before finishing our remaining transition work. As a reminder, the max distance from Camp Lejeune an individual can travel for special liberty is 600 miles. (*See Liberty Boundaries/Limits on our 1/6 web page under Troop Info*)

★ Once everyone is back at work after completion of the special liberty period... we will work for another 2-3 normal work days in order to complete re-establishment of our remaining Camp Lejeune operating requirements before post deployment annual leave is possible.

ANNUAL LEAVE: Following the completion of the above... Fly home, work, special liberty, work - many will take advantage of leave from approximately **24 Oct – 15 Nov**. In some cases, Marines may only have a limited amount of accumulated leave or resources available; in those situations, it may be more advantageous for the individual to request **leave in and around the upcoming holidays**: Thanksgiving, Christmas, etc. This flexible approach will afford all the maximum opportunity to be with family/friends tailored to their specific circumstances. Some Marines may desire to request annual leave distributed over both their initial return and the upcoming holidays. We hope to make this possible too!

At this time, we do not anticipate any significant events other than the normal security duty requirements in the battalion area. Marines who request annual leave are still responsible for coordinating within their company to deconflict their individual duty assignments in order to receive approval for leave. Just as a reminder, until an individual's leave request is approved. I would not purchase non-refundable tickets/reservations. Starting in Jan 06, our training schedule picks up significantly and you can anticipate that annual leave opportunities will be limited, so plan to take advantage of Oct – Dec 2005!

**Also, for those interested in attending – we are making final arrangements for an
"all hands" Marine Corps Birthday Ball to be held on 17 Nov at the Hilton-
Riverside in Wilmington, NC.**

*In honor of the 230th Anniversary of the United States Marine Corps,
Lieutenant Colonel William M. Journey
Commanding Officer
First Battalion, Sixth Marines
request the pleasure of your company
at a Birthday Ball Ceremony,
Thursday, Seventeenth of November, 2005
at six o'clock
Hilton-Riverside, Wilmington, NC*

*Uniform, Evening Dress, Blue Dress,
Civilian, Black Tie*

Schedule of Events

<i>Cocktails</i>	<i>1800-1900</i>
<i>Ceremony - Guest of Honor, Colonel Charles M. Gurganus</i>	<i>1900-1930</i>
<i>Dinner</i>	<i>1945-2045</i>
<i>Dancing/Entertainment</i>	<i>2100</i>

Menu

*Tossed Garden or Caesar Salad
Rolls & Butter
Herb Crusted London Broil-Seared and Served in a Natural Au Jus
Chicken Wellington-Breast Stuffed with Mushroom Duxelle & Wrapped in Puff Pastry
Chef Seasonal Vegetable
Garlic Smashed Potatoes
Coffee and Tea
Ceremony Birthday Cake*

Tickets

Cost is \$35.00 per ticket and there is a limit of two tickets per Marine. The cost of the ticket covers the expense of the ceremony, dinner, and entertainment. Hotel accommodations and alcoholic beverages are the responsibility of each party. Seating is planned for 700 - 10 seats per round table. Table choices will be assigned at the time of ticket purchase on a first come, first serve basis. No seats will be reserved. Payments will be cash. Tickets will be sold during working hours at the battalion classroom 17-21 October 2005.

Hotel Accommodations

Reservations are available at the Hilton-Riverside, Wilmington for approximately \$129. The phone number is (910) 772-9988.

Additional Information.. *A photographer will be present from 1700-2100. Entertainment will be the 2nd Marine Division Band for the ceremony and a DJ for dancing throughout the evening. Complementary souvenirs include a miniature flag set and a birthday ball glass.*

MEDICAL

Naval Hospital	910-450-4300
Nurse Hotline	866-450-3230
Poison Control	800-222-1222
Onslow Hospital	910-577-2345

POLICE

PMO	910-451-2555
Jacksonville PD	910-455-1472
Onslow Sheriff	910-455-3113

IMPORTANT 1/6 NUMBERS

MCB Chaplin	451-3210/5647
Duty Chaplin	451-2414/3031
Local Red Cross	451-2182/2173
Red Cross Emergencies	877-272-7337
NMCRS	910-451-5346
Family Counseling	910-451-2876
Base Information	910-451-1113
Brynn Marr Hotline	800-822-9507
1/6 Family Info Line	800-230-8762
FRSNCO	910-451-2407
FRSNCO Cellular	910-265-9410

If you need assistance for any reason, contact your KV or the FRSNCO, SSgt. Vanegas at (910) 451-2407 or (910) 265-9410 cell.

HE IS YOUR FAMILY READINESS STAFF NCO & IS HERE TO HELP YOU!

Post Traumatic Stress vs. Combat Stress Workshop
Tuesday, September 16th, 2005 - 6:30 pm
Midway Park Chapel
(Across from the Midway Park Theatre)

All spouses of 1/6 HARD are invited to attend this workshop that focuses on understanding the differences between Combat Stress and Post Traumatic Stress Syndrome. Participants are guided through a discussion that includes information on signs and symptoms, what is normal, when or if to be concerned, what to do if symptoms persist, and who to contact if needed. A very informative and enlightening workshop given by Marine Corps Family Team Building, facilitated by Chaplain Breck Bregel.

On site babysitting will be provided by certified child care providers. Please call Tarawa Terrace Child Care Center at (910) 450 -1646 by September 2, to reserve a space for your child/children.



CHECK OUT THE 1/6 WEBSITE!!

<http://www.lejeune.usmc.mil/2dmardiv/16/main.html>

A WORD FROM OUR CHAPLAIN...

It is a great feeling to know that we are now on the second half of our deployment. I hope and pray that this half will go as fast as the first half seemed to go. As we get closer to home, I want us all to begin to think about the health of our marriages. On a scale of 1 to 10, one being horrible and ten being outstanding, where is your marriage?

Over the next three months, I am going to be focusing on helping Marines be better husbands and fathers. I'm showing a video series by Gary Smalley called "Keys to Loving Relationships". Now I can't force your husband to attend, but I assure you that he will have the opportunity to receive some of the information that I am presenting.

However, marriage is a relationship between two people. I encourage you to do whatever you can to improve things also. When you e-mail and talk with your husband, talk about the condition of your marriage. Find out what you and he can do better.

Here are some questions you may talk about...

1. Would spending more time together help us?
2. How much more time do you feel we need to spend together and what would be the best use of it?
3. What time of day would be a "10" to you for us to spend together?
4. Would more conversation help our relationship?
5. What do you consider meaningful conversation?
6. What have I done in the past that might have ruined times of meaningful conversations?
7. What do I do for you that makes you feel loved the most?
8. How can I make our arguments more of a loving discussion?
9. What are some of your needs that I am not fulfilling?
10. What would be a "10" evening out together if we had a "date night"?
11. What could I do that would ruin that "10" evening?
12. What are some ways I could communicate more effectively?
13. What makes you fearful of me?
14. What is the best part of our relationship?
15. What would you change about me if you could?

Now I realize that just being able to be together and see each other is probably the answer to many of these questions at the present time. However, think beyond deployment. What was your marriage like before deployment? What will it be like afterwards? Work on talking about these issues so that you can be set up for success when we return.

There are so many questions that husbands and wives can ask each other in order to understand each other better. I could probably write 100 more. These are some that will give you a good start. E-mail me if you want some more.

One more note. Gary Chapman wrote a book titled *The Five Love Languages*. He says that each one of us give and receive love in a certain way. The five languages are physical touch, words of affirmation, gifts, acts of service, and quality time.

What is it that your spouse likes for you to do that shows you care? Some spouses feel loved when they receive gifts. Others think gifts are nice, but would rather have quality time. Others would rather you do something for them or have you tell them how special they are.

The way that you enjoy receiving love is usually the way you enjoy giving love. The problem is that the way you like to receive love may not be the way your spouse enjoys receiving love.

For example, you may feel loved when your spouse gives you words of affirmation. There is nothing wrong with that, but your spouse may not enjoy receiving love in that way. Your spouse may like words of affirmation, but may also want you to put those words to action and have some physical touch. You need to show your spouse love in the way that they like to receive it. Try asking your spouse which way they like receiving love. Then try to show them love in that way. Your spouse also needs to know your love language so that they can make sure they show you love in that way. If you are speaking English and your spouse is speaking Spanish you are going to have issues. You may like physical touch, but he may need words of affirmation. Know how to speak your spouse's love language.

Does that give you enough to think about? I hope so. I'll give you some more to think about next month.

I am praying for your marriage. I hope that you will take the rest of your time apart from your spouse to discover how to get your marriage closer to a "10".

God Bless,
Chaplain Ryan



COME ON OUT AND MAKE A SPLASH

1/6 Pool Party

Sunday, August 21, 2005

7:30pm - 9:30pm

Tarawa Terrace Pool

Sno Cones will be provided for
all to enjoy along
with soda and water

Bring Your Own Towel and
Favorite Pool Snacks

Monthly Hugs from Home
bring pictures to post and send

RSVP to your KV

Lifeguard will be on duty however you are
responsible for your own children.

Call TT pool for directions
910-450-1610

FREE CHILD CARE

For every \$50.00 you spend at the Main Exchange, Camp Lejeune, you receive one coupon towards free Saturday night Child Care at Tarawa Terrace Child Care Center.

Child Care Coupons are available at the Main Exchange Customer Service Desk. Coupons don't expire but they must be picked up on the same day as your purchase. This offer is good for the Main Exchange only, not the Exchange Annex.

The Tararwa Terrace Saturday night child care is open from 6:00pm - 11:30 pm and accepts children 6 weeks to 12 years of age. Call the Main Exchange Customer Service Dept. for more info (910) 451-5030.

"HUGS FROM HOME"

Each month at our Battalion event we will be doing our Company "Hugs from Home" posters.

Bring a photo to post, or just write a note, and then we send these posters to Iraq for our Marines to enjoy!

The Marines really enjoy seeing these snap-shots of family and friends back home!

ATTENTION E6 and BELOW:

The Backdoor Boutique

Midway Park Community Center – Building 4014
1st Friday of the Month!

Assistance for Military Families!

Second-hand household items, non-perishable food, baby food, clothing, baby items, etc.

9:00 am – 12:00 pm
\$2.00 donation at the door

All items must fit in 1-2 bags provided by the staff.

For more information call: Angela at 451-9569



Hurricane hazards come in many forms: [storm surge](#), [high winds](#), [tornadoes](#), and [flooding](#). This means it is important for your family to [have a plan](#) that includes all of these hazards. Look carefully at the **safety actions** associated with each type of hurricane hazard and prepare your family disaster plan accordingly. But remember this is only a guide. The first and most important thing anyone should do when facing a hurricane threat is to use common sense.

**FOR MORE HURRICANE INFORMATION AND SURVIVAL TIPS GO TO:
[HTTP://WWW.NHC.NOAA.GOV/](http://www.nhc.noaa.gov/)**

A FINAL WORD FROM: Major Brian S Christmas

Dear Family and Friends of 1/6 "HARD"

As the month of June closes out it is with great pleasure that I report to you the continued successes of the Marines and Sailors of this Battalion. From Support And Stability Operations to Direct Combat Operations, your Marines and Sailors have excelled. Their efforts continue to make a significant difference in the lives of the people of Iraq. Specifically in the city of Fallujah and the surrounding areas. BE PROUD. I am.

I am equally proud of the efforts and results of the Key Volunteers along with the rear party Marines. All have provided timely information, assistance and support to both the family and friends back home and to the Battalion here in Iraq. Your efforts are greatly appreciated and have had positive effects on this units combat readiness.

With the ending of this month also comes a changing of the guard as I will be executing orders and Major Joseph Jones will be assuming the responsibilities as the Executive Officer. Please know that the last four years of my life, 3 over-seas deployments, and countless exercise deployments have proven to be a great experience that has created memories that I will proudly share with my children, grandchildren, family and friends. 1/6 'HARD' is truly etched in my heart and the Marines and Sailors that I have shared these experiences with will forever be a part of me.

I ask that you continue to send mail to your Marine or Sailor...MOTO Mail is truly MOTO...and everyone loves a good package from home to share with his brother. Your Marines and Sailors need you, so please stay in touch, stay involved and support them. They are serving our great Nation, what it stands for, and what is right, the Freedom of the Iraqi people.

Semper Fidelis,
Brian S. Christmas
Major USMC

Please understand that due to funding restraints, battalion events are limited to the families of 1/6 HARD.



Thank you.





JOKE OF THE MONTH

WARNING to the Service Men who are Returning from Being Away on Deployment. Some things to keep in mind as you return home from your adventure. You will have to be very patient with your wife as she adjusts to your presence after all the time she has spent without you there.

1. As soon as you walk through the door, take out the trash immediately, as she is sick of doing it.
2. Do not be alarmed if she jumps over the couch and runs 60 miles an hour to get to the telephone when it rings, she thinks it is you calling, and that is one call she isn't going to miss!
3. Forgive her for any nightly beatings that may occur to your body. This thrashing that happens is because she is used to having the bed all to herself. In extreme conditions, she may start screaming thinking you are someone she doesn't know and she may even call the police to report she is being robbed. If you are attempting to make love to her, you may be in jail on rape charges until she realizes you are her husband and are home again.
4. Dinner time will require some adjusting. Do not say a word if she cuts up your meat before she puts it on the table. Ignore the fact that there will not be a place setting for you. You may not even have a chair to sit in as she has probably used it to reach those high things in the cupboards that you used to get for her. Do not expect home cooked meals. She is used to making quick foods and kids T.V. dinners. Although you are looking forward to having home cooked meals, she is not looking forward to making them. You may even find a peanut butter and jelly sandwich waiting for you one night. Just eat it and be thankful it is there.
5. If there is an errand to run, RUN IT! Your life could depend on it. After having to drag all the kids to the store just for a gallon of milk, she may shoot bullets from her eyes if you refuse!
6. You may not understand her language as she has had to speak to the children a lot during the time that you have been gone. What she may say to you if you are complaining about people at work, "Tell them your mommy will come out there if they don't play nice." If you stub your toe, she may say, "Ooh, did you get a boo boo." Bare with her, this will eventually subside and she will speak normally.
7. THIS IS IMPORTANT: Do not walk in the bathroom if she is in the shower. She may suspect an intruder and try to kill you! She forgets you are home!
8. Last but not least, expect tears. Lots of them. Just as your heart is the only thing the military hasn't confiscated, her heart is the only thing that loneliness has not robbed her of. Love that has been saved up for as long as you have been gone is bound to make your wife a tad bit emotional.

With a little bit of patience and understanding on both your parts, your home coming will be all that you expect it to be, as long as you follow the rules above.

AUGUST KV MEETING

**TUESDAY, AUGUST 9, 2005
6:30 PM
MIDWAY PARK CHAPEL**

SEPTEMBER KV MEETING

**TUESDAY, SEPTEMBER 13, 2005
5:30 PM
MIDWAY PARK CHAPEL**

THE SEPT. MEETING WILL BE FOLLOWED BY THE POST TRAUMATIC STRESS VS COMBAT STRESS WORKSHOP WHICH IS OPEN TO ALL WIVES OF 1/6.

ON-SITE BABYSITTING FOR BOTH MEETINGS WILL BE PROVIDED. PLEASE CALL TT CHILD CARE CENTER @ 910 450-1646 BY SEPTEMBER 2, TO RESERVE A SPACE FOR YOUR CHILD/CHILDREN.

HOPE TO SEE YOU THERE!



HERE'S TO THE HEROES

Anheuser-Busch is honored to salute the men and women of our armed forces and their families. Throughout 2005, members of the military and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission.

For your service and sacrifice, we thank you.

- Complimentary admission for active duty military representing all five service branches, active members of a reserve or National Guard unit, and/or up to three direct dependants.
- Valid for one complimentary single-day admission per person to one of the following Anheuser-Busch Adventure Parks:
 - o SeaWorld Orlando, San Diego, or San Antonio
 - o Busch Gardens Tampa Bay or Williamsburg
 - o Sesame Place
- Offer valid between 2/7/2005 and 12/31/2005. Operating days and hours vary by park. Please check with specific park for current operating schedule.

<http://herosalute.com/cavatx/index.html>



"Beyond the Brief"...The Rest of the Story

6 Week Series of Workshops

- Week 1: When Coping is More Difficult Than I Thought/Separation -The Stress, The Anxiety, the Fear
- Week 2: Should I Stay or Should I Go? Safe and Sound
- Week 3: Understanding the Money
- Week 4: CACO – The Process
- Week 5: Combat Stress vs. PTSD
- Week 6: Homecoming – It's a Good Thing/re-defining Family Roles

***** Fall Series beginning Wed., September 7, 2005 *****

Relaxed, Interactive, Informative

**Family Team Building Center
Wednesdays 0900-1100
910-451-0176**

Onslow Beach

VISIT ONSLOW BEACH RECREATIONAL AREA

For more information or to reserve a lodge at the beach call (910) 450-7502



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1/6 MAILING ADDRESS FOR OIF DEPLOYMENT

CPL Smith, James L. 1/6 A CO UNIT 73160 FPO AE 09509-3160	CPL Smith, James L. 1/6 B CO UNIT 73135 FPO AE 09509-3135	CPL Smith, James L. 1/6 C CO UNIT 73140 FPO AE 09509-3140	CPL Smith, James L. 1/6 WPNS CO UNIT 73145 FPO AE 09509-3145	CPL Smith, James L. 1/6 H&S CO UNIT 73150 FPO AE 09509-3150
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Looking for something to do - go to the movies on base...

Recent releases & great prices!

Adults \$2.00 and kids \$1.00 *** Drinks and candy are only \$1.00

For Showtimes call: (910) 451-1759



1/6 HARD



RETURN & REUNION BRIEF

SATURDAY, SEPTEMBER 24, 2005

2:00 pm

**Work Force Learning Center
Camp Lejeune, NC**

*Child Care provided for children 3 and under at Brewster Child
Development Center.*

Children 4 and over are encouraged to attend the brief

Followed By:

“WELCOME HOME 1/6 HARD”

SIGN MAKING PARTY

3:30 pm

Bring a Snack to Share!

1/6 Battalion Area

MYRTLE BEACH

Currently, we are offering a special to all active military and their immediate families. For only 6\$ per person, you can attend all four of our attractions in Myrtle Beach. That includes the aquarium, the Haunted Adventure, the 4D Moving Theater and the Believe it or Not Museum. These can be purchased at any of our attractions and all you need to do is present a Military ID. We do not have a date set to discontinue this program, so I assume that it will be running in the spring and summer. Thank you and we hope to see you!



Kimberly A Kiff
1110 Celebrity Circle
Myrtle Beach, SC 29577
Phone (843) 916-0888 ext.275
Fax: (843) 916-0752



1/6 Information Hotline
1-800-230-8762 then dial 21

AUTO HOBBY SHOP

YOUR NC STATE INSPECTION STATION

BUILDING 1250 BIRCH STREET EXTENSION

TELEPHONE 910-451-1550

The base auto hobby shop offers spouses of deployed Marines services for their vehicles at discounted rates. In extreme cases, the employees at the shop have picked up vehicles from base residences just to help out. 90% of the employees are former/retired Marines and understand what it's like for a family member to stay behind while their spouse is deployed.

Wives are encouraged to call or visit the hobby shop for oil changes, minor repairs, second opinions, help with vehicle related issues and honest service.

910-451-1550

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CALL SOON TO GET YOUR SUPPLIES EARLY



www.mccsonesource.com

Username: marines
Password: semperfi

MCCS One Source is a 24/7/365 information and referral service available via toll free telephone and Internet access. A personal and family readiness tool, MCCS One Source extends the existing Marine Corps Community Services support system for Marines and their family members. Services provided are especially beneficial to those who do not have access to installation services (Recruiters, Reservists, Inspector/Instructor Staffs, and Marine Security Guards) or those who may live near a base but are unable to visit MCCS during traditional working hours due to personal work constraints. The features of MCCS One Source are comprehensive.

- Masters level consultants answer the phones live and specialized research teams assist in researching a variety of topics.
- Resources are available on many subjects, including parenting and childcare, education, finances, legal issues, elder care, health and wellness, deployment, crisis support, and relocation.
- The state of the art website features locators for childcare, elder care and education, financial calculators, resource rooms, workshops, moderated chats, and "Email a consultant."
- Prepaid educational materials are available in a variety of formats (booklet, CD, cassette, and electronic downloads) and can be ordered via phone or online. Shipping of these materials is at no cost to the user.

Call **800-869-0278** now.

MCCS One Source is available 24 hours a day, 7 days a week, 365 days a year.

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A little note from your Battalion Key Volunteer Coordinator:

*Keep the faith ladies...our Marines almost home!!!
Be strong, be proud, and most of all know that you are not alone,
and we are all in this together! We are 1/6 HARD!
If you need anything, don't hesitate to call me at (910) 539-8455.*

*Warm Regards,
Heather*